

## BACKGROUND OF THE INVENTION

1. This invention is relative to the healthcare, relaxation and exercise fields and more directly to an apparatus designed for massaging certain areas of the body.

2. There are great benefits to massaging the body: relaxation, stress relief, better circulation, increased flexibility and overall health. This apparatus pertains to the massaging of the body and more particularly to be able to massage many areas of your body by yourself at home, but not limited to home use or the use of additional persons.

Using the apparatus massages can be accomplished easily and inexpensively in the comfort of your own home. The intent of this invention is not to replace other methods of massage but to offer alternatives to how massage can be facilitated and more frequently obtained.

3. This particular said body massage cylinder apparatus is well needed in the massage field. The unique uni-body construction cylinder shape allows the apparatus to be very stable under use so the user does not tip over. Further more, due to the height off the ground, it will be easy for elderly people to use safely. Other inherited design features are light weight, moderately inexpensive to manufacture, easy to use, extended body mass massage area and the calmness and simplicity of using it.

## SUMMARY OF INVENTION

The primary objective of this said invention, body massage cylinder apparatus is to provide a self sustaining apparatus consisting of uni-body construction which is safe to use and would require minimum balance for administering a body massage to your self by yourself.

The secondary objective of this invention is to provide an apparatus, which will allow for easy and frequent body massages. Frequent being relative to the user, the typical usage objective would be daily, but not limited to extended use.

An additional objective of this said invention is to provide an relatively inexpensive apparatus for administering a body massage to your self by yourself.

An additional objective of this said invention is to provide an apparatus with the capability to massage your neck and back.

An additional objective of this said invention is to provide an apparatus with the capability to massage your stomach and chest.

An additional objective of this said invention is to provide an apparatus with the capability to massage your legs.

Another use of this said invention is the ability to stretch over it and use it as a moderate stretching device.

Another use of this said invention is the product of exercise extended from the use of the apparatus during stretching and massaging.

Another use of this said invention is to provide an apparatus which allows facilitation of different forms of exercise movements and techniques.

To summarize the above mentioned claims and objectives of this said invention, a body massage cylinder apparatus can be used for self-administered body massage, stretching and exercise. The intent of this invention is to supply an apparatus, which helps establish and maintain overall health and stress relief to an individual through massage, stretching and exercise.

## BRIEF DESCRIPTION OF THE DRAWINGS

FIG. 1 is a front view of the purposed invention "apparatus" which illustrates the physical shape and contours of the invention.

Fig. 2 is a side view of the purposed invention, which illustrates the physical shape and contours of the invention and location of air inlet.

Fig. 3 is a close up view of the circumference of the invention to help illustrate the suggested contours.

Fig. 4 is a side view which illustrates the use of the apparatus as a back torsal massage by the user.

Fig. 5 is a side view which illustrates the use of the apparatus as a front torsal massage by the user.

Fig. 6 is a side view which illustrates the use of the apparatus as a side body massage by the user.

Fig. 7 is a front view which illustrates a body cross section to show how the apparatus forms to the side of the body during use.

Note: slight adjustments may need to be made to allow for the optimum design and are not limited to the drawing specifications.

## DETAILED DESCRIPTION

As best shown in Fig. 1, 2 and 3, the body massage cylinder apparatus (1) constructed from a pre-formed rubber material with ribbed shaped formations (3) and semi-pointed formations (2) which array outward from the circumference of the massage cylinder apparatus (1). The height off the ground of the body massage cylinder apparatus (1) referenced in Fig. 1 and shown in Fig. 4, 5, 6 and 7 is dimensioned to facilitate easy and safe use of the body massage cylinder apparatus. The height can be additionally adjusted by releasing or adding air via the air inlet valve (4).

During use, the body massage cylinder apparatus (1) is placed on the floor (6) and then utilized by the user (5) as shown in Fig. 4 and Fig. 7. The user (5) slides back and forth on a horizontal axis (13) using his/her legs (7) and thereby administering massage to the users (5) back torsal area (8) when the ribbed surface (3) and semi pointed surface (2) rotate across the users (5) back torsal (8) at the point of body contact. Additionally shown in Fig. 7, is how the body massage cylinder apparatus (1) forms to the users body (11) and (12) for additional side massage contact, this particular feature is derived directly from the cylindric uni-body design of the apparatus.

Fig. 5 illustrates another massage use of the said body massage cylinder apparatus (1), the user (5) by laying over the apparatus (1) in the prone position on users hands (16) and knees (15) then sliding back and forth massages the front torsal (9), in addition by lifting the knees (15) the user can include massage of the upper legs (19).

Fig. 6 illustrates another massage use of the body massage cylinder apparatus (1), the user (5) by laying over the apparatus (1) on the users side (10), balanced by the users arm (18) and feet (17) slides back and forth massaging the sides (10) of the body.

A detailed description of the suggested and preferred design of the invention is provided herein. However, the said invention may be embodied in different forms. Therefore, specific details disclosed herein shall not be limiting, but represent the claims and objectives set forth within, for the uni-body cylinder shape design of the said body massage cylinder apparatus is the main design focus of the invention which allows for increased body surface contact as well as comfortable and safe massage usage.